A

Synopsis of thesis entitled

"A STUDY OF ATTITUDE AND INTEREST OF INTER-COLLEGIATE PLAYERS TOWARDS SPORTS WITH RELATION TO THEIR SOCIO-ECONOMIC STATUS"

To be submitted to

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CHAPTER I
INTRODUCTION

Psychology is a science of behaviour of the organization. The word 'psychology' has come from the Greek word 'psyche' meaning 'soul' and the 'logos' meaning 'study'. In incident time psychology was not a separate discipline. It was a part of philosophy. In the later part of the nineteenth century psychology was perhaps dissociated from philosophy. Since then it has never looked back. It was arts subject like philosophy. Gradually it developed into scientific discipline. Objections are still raise to considering psychology as a science.[1]

The various definitions can be illustrated concretely in the memory process. As theory of mind, psychology regards memory as one of the manifestations of mind and either is concerned with understanding mind through this manifestation or is content to describe remembering as one of the mental capacities. In fact, earlier theories of memory were content to assert that ideas were stored in min or that they were impressions made upon a waxen plate. As the science of consciousness, psychology is concerned with a description of the different memory images, with the determination of the order of their appearance and with all else that is related to their structure and function. It takes into consideration nothing that is not to be discovered by the individual who remembers. It excludes consideration of mind as a storehouse, for that is not open to observation; and also of the wax plate and all similar entities.

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[1]S.R.Gangopadhyay, Sports Psychology, (New Delhi: Sports Publication, 2008), p. 1.

Meaning of Sports Psychology:

These days sports competitions are very tough. Players are using best techniques and best training methods for better results during competitions. Even then they are not satisfied by their results. Thus the importance of psychology was realized in physical education to give best possible results of players. Sports psychology is the branch of psychology which deals with positive behaviour of sports person during training and competition period to increase performance. It guides coaches and players to give individual attention regarding various methods and various motivational techniques. It gives knowledge regarding adolescence problems, changes during adolescence, managing adolescence problems. It guides sports ethics and sportsmanship to develop sports attitude. The knowledge of sports psychology helps coaches and players to develop and control anxiety level. It also helps to tackle various stresses of life.[2]

Sport as pastime, recreation, leisure-time activity is a universal phenomenon but sport as competition, is for the genetically gifted, whose number at any point of time may be limited. Most people love to watch sport; they enjoy the thrill and excitement accruing from it. The last five decades have seen sport emerging as a great socio-cultural as well as socio-economic force influencing human behaviour in all aspects of life, the world over. The impact of this phenomenal change has been equally strong on athletes, spectators, sponsors and administrators. People are associated with sport in different capacities- as athletes, as trainers, as scientists (researchers, doctors, physiotherapists), as championship organizers, as administrators, as

[2]Sanjay Kundra, Text Book of Physical Education, (New Delhi: Evergreen Publications, 2010), p. 97.

tournament officials (judges, referees, umpires, jury), as team management (managers, coaches, captains) and finally as spectators. Where there are human beings, there is behaviour; and where there is behaviour- whether individual or social - there is bound to be psychology, in some form. Psychology changes its hue with the change in situation: In education, it is educational psychology, in medicine it is medical psychology, in industry, it is industrial psychology, in sport, it is sport psychology, so on and so forth. Sport psychology, as such, is a recent addition to the ever-expanding family of psychology.[3]

According to Cratty, there are three main sub divisions of sports psychology:

i. Experimental sports psychology:

It involves research on the psychological variables that effect athlete and his performance, although field as well as experimental studies.

ii. Educational sports psychology:

The broad goal of this sub division is to educate coaches, athletes and others concerned with sports regarding factors that are particularly important in sports setting especially those related to sports performance and interpersonal variables that influence the performance of athletes and teams.

iii. Clinical sports psychology:

It utilizes psychological interventions to improve the performance of athlete and to increase the psychological well being of the athlete by preventing the problems and by assisting him to solve the problems. Recently another sub division has emerged i.e., Developmental sports psychology

[3]M.L. Kamlesh, Education Sports Psychology, (New Delhi: Friends Publication, 2009), pp. 25-26.

which deals with psychological variables that impose themselves on children and youth of various ages as they engage in competitive sports.[4]

Definition of Attitude:

Attitude is a more or less permanently enduring state of readiness of mental organization which predisposes an individual to react in a characteristic way to any object or situation with which it is related.[5]

Meaning of Attitude:

Early Psychologist have different attitude simply as a tendency to seek or avoid something. Merely linking or disliking, approval and disapproval don't convey the real meaning of attitudes. Stagner has defined attitude in much broader sense. According to him, "An attitude can be defined as meanings that one associates with a certain object (or idea) and which influence his acceptance of it. An element of acceptance or avoidance is present in any attitude, but conditional association is also involved".[6]

Lahey has defined, "Attitude as beliefs that predispose one to act and feel in certain ways". This definition suggests three basic components of attitude; beliefs, feeling and, dispositions to behave, most of the attitude are learnt from directly from our experiences and we learn them from others. The

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[4]Shyam Anand, UGC NET/JRF/SLET Physical Education, (Agra: Upkar Prakashan, 2008), pp. 24-25.

[5]S.H. Hashmi and Mirza Azhar Hussain Beigh, General and Social Psychology, (Srinagar: Kashmir Book Center), 2011, pp. 211-215.

[6]Shyam Anand, UPKAR'S UGC/NET/JRF/SLET/Physical Education, (Agra: Upkar Prakashan, 2008), p. 180.

religious and communal hatreds are such examples attitudes are learned by a process of interpretation, response and conformation. The attitude retained is the one that is confirmed by experiences. Like any other response, attitudes are conformed or modified through repeated trials. When he comes near a dog he to touch it, treating it like it any other toy he likes to play with. Here an attitude or belief is being tested and the same will be confirmed if it is followed by present results i.e. if the dog licks the child or plays with him and this conveys pleasant feelings to the child. But if the dog reacts and pounces at the child fingers or barks loudly in protest, child may cry and move away. This will give unpleasant result and next time the child may not try to come near the dog and will try to avoid it. Behavior of the child in both the situation shows a learned attitude. An attitude can be confirmed or contradicted by further experience. We can say that attitudes are a realistic summary of experience that one likes what works out well and avoids what works out badly. The answer to such a question is that the attitudes can be changed all though the process is slow and change is generally partial. Among the attitudes hardest to alter are those rooted in emotional needs?[7]

Definition of Interest:

Interest may refer to the motivating force that implies us to attend to a person, a thing or an activity; or it may be the affective experience that has been stimulated by the activity itself.[8]

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[7]Ibid. p. 180.

[8]Lester D. Crow and Alice Crow, Educational Psychology, (New Delhi: Eurasia Publishing House Pvt. Ltd., 1969), p. 248.

Meaning of Interest:

Life will be colorless and Barron unless one has something to work for. Boredom and depression are frequent companions of one lacks personal goals and interests. A sense of direction and enthusiastic concern stabilizes one's life .it gives impetus and interest to daily activities and keeps one going when difficulties are encountered. Interest is not an activity. It is a permanent tendency or a mental structure which supplies sufficient motivating power to maintain the motor activity interest can be the cause of an activity and the result participation in activity .interest may refer to the motivating force it compels us to attend to a person, a thing or an activity, or it may be the effective experience that has been stimulated by the activity itself. Drever has defined interest by stating that "an interest is a disposition in its dynamic aspects".

Interests builds up by past satisfaction or by an anticipated future satisfaction. It is important to note that even failure win hope leads to continued interest. Individuals develops different interests according to their disposition ,attention, economic, social or political status etc. They find opportunities for outlets in creative expressions and social interactions while exploring their own interests. Interests lead to exploratory activities in many new fields. Such an understanding is quite helpful when interests are used in vocational guidance and classroom planning.[9]

[9]Ibid. pp. 178-179.

Definition of Socio-Economic Status:

"Socio-economic status in terms of primary education and characteristics is determined through vocation, income, and wealth, home and its location, education, activities and association".[10]

Socio-Economic Status:

Socio-economic status is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education, and occupation. When analyzing a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed.

Socioeconomic status is typically broken into three categories, high SES, middle SES, and low SES to describe the three areas a family or an individual may fall into. When placing a family or individual into one of these categories any or all of the three variables (income, education, and occupation) can be assessed. Additionally, low income and little education have shown to be strong predictors of a range of physical and mental health problems, ranging from respiratory viruses, arthritis, coronary disease, and schizophrenia.

Income can be looked at in two terms, relative and absolute. Absolute income, as theorized by economist John Maynard Keynes, is the

[10] Herbert Sorenson, Psychology in Education, (New Delhi: Tata Mcgraw Hill Publishing Ltd, 1977), p. 264.

relationship in which as income increases, so will consumption, but not at the same rate. Relative income dictates a person or family's savings and consumption based on the family's income in relation to others. Income is a commonly used measure of SES because it is relatively easy to figure for most individuals.[11]

Statement of the problem:

The researcher is of the view that the socio- economic status of different players and athletes is really a boon by taking their attitude and interest in consideration in different games and sports. It varies from player to player and athlete to athlete. The relationship between attitude and interest of players towards sports in relation to their socio-economic status is of utmost important towards games participation and performance. So the researcher takes keen interest in taking the study entitled as; "**A Study Of Attitude And Interest Of Inter-Collegiate Players Towards Sports With Relation To Their Socio-Economic Status**".

Purpose of the study:

The main purpose of the study is to investigate the attitude and interest of inter-collegiate players towards sports with relation to their socio-economic status.

The allied purposes of the study will be as follows:

[11] file:///G:/Socioeconomic%20status%20%20Wikipedia,%20the%20free%20encyclopedia.htm,27-09-2013, 16:20p.m.

1. The purpose of the study is to find out the attitude of inter-collegiate players towards sports.
2. The purpose of the study is to find out the interest of inters-collegiate players towards sports.
3. To find out the sociability of different inter-collegiate players.
4. The purpose of the study will to find out economical status of inters-collegiate players.
5. To find out the relationship of socoi-economic status of inter-collegiate player's with sports attitude.
6. To find out the relationship of socoi-economic status of inter-collegiate player's with sports interest.

Significance of the study:

The Significance of the study will be as under:

1. The study will be helpful to know the attitude of inter-collegiate players towards sports.
2. The study will be helpful to know the interest of inter-collegiate players towards sports.
3. The study will be helpful to know the importance of social status for the upliftment of attitude of inter-collegiate players towards games and sports.
4. The finding of this study may help the physical educators and coaches to identify and develop right attitude and interest as a part of psychological training to bring about desired changes in the performance abilities of sports participants.
5. The study may help in the all round development of the children by channelizing their attitude and interest towards goals.

6. The finding of this study will help to select right candidates for participating at collegiate and university levels of sports by taking psychological factors-attitude and interest into consideration during the selection in addition to physical performance abilities.

Hypothesis:

There will be no significant difference in attitude and interest of inter-collegiate players towards sports with relation to their socio economic status.

Delimitation:

The following are the delimitations of the study:

1. The study will be delimited by taking the subjects from the colleges of Kashmir University.
2. The study will be delimited only up to 250 players.
3. The study will be delimited only upon inter-collegiate players.
4. The age group of the subjects will be in between18-24.
5. The study will be delimited to the following psychological variables only.
    a. Attitude.
    b. Interest.

Limitation:

The limitations of the study will be as under:

1. Level of performance in the competition at college level will remain unknown to the researcher.

2. Previous attitude of inter collegiate players will not be taken into consideration.
3. Previous interest of inter collegiate players will not be taken into consideration.
4. Changing condition of the Environment will be considered as one of the limitation for the present study.
5. The researcher has no control over the individual game of the subject.
6. There will be no discrimination of players on the basis of caste, color, creed and religious.
7. No specific motivation technique will be used while fulfilling the questionnaire.

CHAPTER II
REVIEW OF RELATED LITERATURE

A summary of the writings of recognized authorities of previous research provides evidence that the researcher is familiar with what is already known and what is still unknown and untested. Because effective research is based on past knowledge, this step helps to eliminate the duplication of what has been done and provides useful hypothesis and helpful suggestions for significant investigation. Only those studies should be included in the review of related literature that is plainly relevant, competently executed and clearly reported.

Regardless of the required length of the review, there are some basic considerations for writing a literature review. First, an outline of the literature review to be written is often very helpful, especially for longer reviews. This outline is determined by the topic and how the research relates to it and to other related issues.

Westerstahl[1] (2003), conduct a study on "Secular Trends In Sports: Participation And Attitudes Among Adolescents In Sweden From 1974 To 1995". The purpose of the study is to study the secular trend (time changes) in participation in leisure-time sports activities and in attitudes towards sports activities and physical education in a representative sample of Swedish adolescents between 1974 and 1995.A questionnaire was distributed to 16-y-old girls and boys (n = 395 in 1974, n = 542 in 1995) to assess participation in leisure-time sports activity,

[1]Westerstahl, et.al., "Secular Trends In Sports: Participation And Attitudes Among Adolescents In Sweden From 1974 To 1995", International Journal of Acta Paediatrica and Supplement,Vol.92, No.5, 2003, pp. 602-9.

attitudes towards sports activates and attitudes towards physical education at school. Height and weight were measured and body mass index (BMI) was calculated. Compared with 1974, more subjects in 1995 answered that they were engaged in leisure-time sports activities, and that they were members of sports clubs. BMI increased from 1974 to 1995. By 1995, adolescents participated in and had become more interested in individuals ports activities, including keep-fit activities (e.g. strength training and aerobics) compared with 1974. A gender difference in the feeling of anxiety towards physical education, with more girls experiencing it, appeared in 1995, but not in 1974.

Braham[2] (2004), conducts a study on "Community Football Players' Attitudes Towards Protective Equipment--A Pre-Season Measure". The Australian football injury prevention project (AFIPP) was a randomized controlled trial examining the effects of protective equipment on injury rates in Australian Football. To present the results of the AFIPP baseline survey of community football players' attitudes towards protective equipment. Teams of players were recruited from the largest community football league in Victoria, Australia, during the 2001 playing season; 301players were enrolled in the study and all were surveyed before the season began about their attitudes towards protective headgear and mouthguards. Almost three quarters of the players (73.6%) reported wearing mouthguards during the previous playing season (year 2000) compared with only 2.1% wearing headgear. The most common reasons for not wearing headgear and mouthguards (in non-users) were:

[2]Braham, et.al., "Community Football Players' Attitudes Towards Protective Equipment--A Pre-Season Measure", British Journal of Sports Medicine, Vol. 38, No.4, 2004, pp. 426-30.

"I don't like wearing it" (headgear: 44.8%; mouthguards: 30.6%), and "It is too uncomfortable" (headgear: 40.7%; mouthguards: 45.8%).The higher mouthguard usage reflects the favorable attitudes towards mouthguards by Australian football players generally. Similarly, the low headgear usage reflects the low acceptance of this form of protection in this sport. Further research should be directed towards establishing the reasons why players seem to believe that headgear plays a role in injury prevention yet few wear it.

Summary:

In the present study the researcher uses the Kashmir University Library and Department of Physical Education Library and also used the internet facilities for collecting the review of related literature. The researcher take the ten reviews from the three sources (Dissertation Abstract International, Research Quarterly and Various Journals) for his research work and all the review taken from direct resources.

CHAPTER III

METHODOLOGY

Methodology is the description of procedure or technique adopted in research study. The machinery or methodology occupies a very important place in any kind of research. The vehicle of research cannot perform its functions without it, since it is methodology which lays out the way of the research variables and procedure. The researcher has chosen the descriptive method for the research purpose. This method provides a method of investigation to study, describe and interpret what exists at present. Every researcher wants to be systematic during his whole research work. So the researcher divides each chapter of his work systematically in order to face less difficulty in the conductance of the problem. In the present chapter, the design of the study has been presented under the following headings:

a. Source of data
b. Selection of Subjects
c. Sampling Methods
d. Equipments used for collection of data
e. Development of Questionnaire

Source of Data:

For the present study the source of subjects will be selected from non-grantable as well as grantable colleges affiliated to Kashmir University.

Selection of the Subject:

250 subjects will be selected for this study.

Sampling Methods:

The subjects will be selected by using simple random sampling method.

Equipment's used for collection of data:

The data pertaining to Socio-economic status of inter collegiate players will be collected though standard questionnaire prepared by (Rajbir Sing, Radhey Sham and Satish Kumar, "Socio-economic status" and it contains 25 items). The data pertaining to Attitude of inter collegiate players will be collected though standard questionnaire prepared by (Jimmie Ishee, contains 16 items).And the self designed Questionnaire will be used for the collection of data regarding Interest.

Development of Questionnaire:

By keeping in consideration the present study and Hypothesis the researcher have taken the study over, **"A Study of Attitude and Interest of Inter Collegiate Players towards Sports With Relation To Their Socio-economic Status"**. The self designed preliminary Questionnaire will be made with the help of guide and experts. After developing the Questionnaire the researcher will take a pilot study on students and will discuss with guide and experts about the required questions for testing the reliability and validity of the Questionnaire.

Lastly the self developed Questionnaire will be distributed to the students of colleges of Kashmir University.

Collection of Data:

The data pertaining to the study will be collected by Questionnaire.

CHAPTER IV
ANALYSIS AND INTERPRETATION OF DATA

The analysis and interpretation will be carried out on the basis of data collection. The data will be analyzed and interpreted by Product Moment Method in the Inter-Correlation Matrix. The data depends upon the standard questionnaire of Attitude, Interest and Socio-Economic terms. By the help of standard questionnaire we will drawn the interpretation of this problem.

The level of significance will be kept at 0.05 to testing the hypothesis.

CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

SUMMARY:

On the basis of analysis of the data and the result of the study summary will be drawn.

CONCLUSION:

Within the limitations of the study and from statistical analysis the conclusion will be drawn.

RECOMMENDATIONS:

On the basis of conclusion of this study, the recommendations and suggestions of the study will be drawn.

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